

[Find a Club](#)[Try a Club](#)[Join a Club](#)

May is National Fitness Month

GLOBALFIT

Join a fitness club in May,
Get your 4th month FREE!
Here's how...



Join a fitness club
through GlobalFit.



Stay a member for
3 months.



You'll feel healthier
& more energetic.



Get your 4th month
FREE!

In Shape for Summer. Fit for Life.

The same workouts that flatten your stomach for the beach also boost your overall fitness level for a healthier, longer life.

Join a fitness club through GlobalFit during May, National Fitness Month, and **you'll get your 4th Month FREE.***

You must use campaign code **90DAYS0506** during enrollment to receive this offer.

Join Today**GLOBALFIT****www.globalfit.com****800.294.1500**

Walk the Lot

Wear comfortable shoes for errands (or keep a pair in your car) so you can make the most of shopping trips. Park at the back of the lot, and you'll save time looking for a space and get to walk the extra few yards.

Walk 'n' Wake

Use your coffee break to take a brisk 15-minute walk. The quick burst of exercise will burn calories and help keep you awake & alert when you get back to your desk.

Walk to Work

If possible, commute to work by foot or by bicycle. If you use mass transit, exit early to walk those few extra blocks. You can do the same with the elevator: skip it altogether or take it part of the way & walk the last few flights.

Up to 60% savings for you and your family on month-to-month memberships at over 2,000 fitness clubs nationwide

[Find a Club](#)

Click here to find
a fitness club in your area.

[Try a Club](#)

Get a FREE Guest Pass
and try a fitness club.

[Join a Club](#)

Click here to join a fitness club
at the Guaranteed Lowest Price!



* Offer good only for employees/group members who enroll between May 1, 2006, and May 31, 2006. Offer valid only for memberships completed through GlobalFit. Offer not valid for enrollments completed directly through the fitness club. Offer good after 3 full months of active paying membership only. Excludes months frozen by request or frozen due to non-payment. Months may be non-consecutive. Free month will be paid in the form of a credit on GlobalFit membership account. Credit will be equivalent to monthly dues at member's assigned GlobalFit club and not to exceed \$50.00. Any monthly dues over \$50 will be billed to your account, as well as any affiliation fee due. Credit is not redeemable for cash. One free month per GlobalFit membership only. Participation in this offer must be requested at the time of enrollment by use of promotion code 90DAYS0506. Offer not valid for current members. This offer cannot be combined with any other GlobalFit special or promotion.

These special rates are available only through GlobalFit and are not offered through the fitness clubs or available to the general public. This offer is made possible only through your employer, membership or group affiliation. Participation is for new memberships only – memberships are not available to clubs in which you are a current member. Participation for past members may not be available at all clubs; please visit www.globalfit.com or call 800-294-1500 for more information.

For New York Sports Club, Philadelphia Sports Club, Boston Sports Club & Washington Sports Club, month-to-month terms available only after completion of initial one-year contract.